

Preparing for an

# **EMERGENCY**

in Yellowstone County



**ARE YOU READY?**

# **IMPORTANT NUMBERS in Yellowstone County**

EMERGENCY .....	911
City/County Dispatch (non-emergency) . . . .	657-8200
Laurel Dispatch Center .....	628-8737
Yellowstone County Disaster & Emergency Services .....	256-2775
RiverStone Health Public Health Department .....	247-3200

# Being Prepared Makes Sense

Disasters such as bad weather, a major power outage, and even a public health emergency, such as a flu pandemic can strike quickly and without warning. You and the people you care about may have to leave quickly or be prepared to stay sheltered in your home.

You can plan for an emergency. Taking care of yourself and your family is what matters the most during a disaster.

## How to get ready:



- Make a Plan
- Make a Kit
- Be & Stay Informed
- Be Involved
- Know Your Contacts

## Will You Be Ready?



# Make a PLAN

- **Have a Family Communication Plan**  
Talk to your family about how you'll contact each other in an emergency if you're not together when it happens.
- **Create a Personal Support Network**  
If needed, have a group of people help you in an emergency. Involve them in creating your plan.
- **To Stay or Go**  
Plan for both situations. Listen to and watch the news for information on evacuation plans or sheltering in place.
- **Make an Evacuation List**  
Make a list of things to take with you including important papers and medications.
- **Consider Your Pets**  
Make plans for your pets in advance. Think about other forms of shelter for your pets if you cannot take them with you.



# Make a KIT

- **Water** one gallon per person per day
- **Food** at least a three day supply of non-perishable items
- **Battery Powered Radio** with extra batteries
- **Flashlight** with extra batteries
- **First Aid Kit**
- **Surgical Mask** to help filter air
- **Sanitation Supplies** such as garbage bags, paper products, latex gloves, soap
- **Special Items** such as prescription medications, baby items, supplies for pets and important documents.



# Help your Neighbor

Communities that work together during an emergency are less confused and have a higher rate of survival. If someone around you is elderly, has a physical disability or is unable to leave their home, ask them if they need assistance.

Don't wait until the emergency happens to ask people if they need assistance. Form a neighborhood committee that can work together in emergency situations. Find out ahead of time who may need help when the time comes.

## Will You Be Ready?



# Be Informed

## LOCAL AGENCIES

Yellowstone County Disaster & Emergency Services  
[www.Co.Yellowstone.MT.Gov/DES](http://www.Co.Yellowstone.MT.Gov/DES)

RiverStone Health  
[www.RiverStoneHealth.org](http://www.RiverStoneHealth.org)

Volunteer opportunities in Yellowstone County  
[www.YouCanVolunteer.org](http://www.YouCanVolunteer.org)

## NATIONAL AGENCIES

US Department of Homeland Security  
[www.ready.gov](http://www.ready.gov)

The Humane Society of the United States  
[www.HSUS.org](http://www.HSUS.org)

Centers for Disease Control & Prevention  
(CDC)  
[www.cdc.gov](http://www.cdc.gov)

US Department of Health & Human Services (HHS)  
[www.hhs.gov](http://www.hhs.gov)  
[www.pandemicflu.gov](http://www.pandemicflu.gov)

Federal Emergency Management Agency (FEMA)  
[www.fema.gov](http://www.fema.gov)



# Be Involved

## VOLUNTEER

Volunteers provide invaluable help in disasters. You can help prepare the community by becoming a volunteer with a disaster response organization. To connect to preparedness and response opportunities, go to:

**[www.YouCanVolunteer.org](http://www.YouCanVolunteer.org)**

or call the Volunteer Center of the  
United Way of Yellowstone County

(406) 252-3839 ext. 15

You can find a variety of possible opportunities to help keep Yellowstone County safe and secure, including:

Medical Reserve Corps

American Red Cross

Humane Society

Salvation Army

United Way Volunteer Center

RSVP

Billings Police Department

YARES - Yellowstone Amateur Radio Emergency Services



Know your

# Contacts

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Local emergency contact

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Out-of-town contact

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Local hospital

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Family doctor

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Pharmacy

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Work emergency contact

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School emergency contact

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Veterinarian





# Daily **ACTIONS**

BEFORE YOU SNEEZE OR COUGH...

## REMEMBER

1. Use tissue
2. Cover your nose & mouth
3. Put tissue in trash
4. Wash your hands



# Wash Your Hands Often!



- Wet hands, apply soap and scrub for at least 20 seconds.
- Thoroughly rinse under warm, running water.
- Dry hands completely with paper towel. Use paper towel to turn off faucet handles and open restroom doors.





Connecting you to a better life

Funding for this project generously provided by RiverStone Health. Visit them on the web at [www.RiverStoneHealth.org](http://www.RiverStoneHealth.org).

In cooperation with:

**LEPC**

LOCAL EMERGENCY PLANNING COMMITTEE  
OF YELLOWSTONE COUNTY

*citizen*  *corps*

Please clip this to your fridge or place in a convenient location. For additional copies of this booklet, please contact the United Way of Yellowstone County at 252-3839, ext. 15, or Disaster and Emergency Services at 256-2775.